



The McChord Quarterly Awards luncheon is 11 a.m. July 28 at McChord's Clubs and Community Center. To RSVP, contact your unit first sergeant or designated representative by Monday.

LSEP is coming — be ready at all times

By

Col. Jerry Martinez
62nd Airlift Wing commander

It's been a great summer so far. The wing performed "excellent" during our Operation Readiness Inspection in June; the 7th Airlift Squadron returned from a 140-day deployment to the AOR last week; and on Monday we honored dozens of families at our Deployed Spouses' Dinner. Along with celebrating all of those achievements, we've had a team of 62nd and 446 Airlift Wing professionals working to prepare the base for another major inspection.

In just over a week, Air Mobility Command evaluators will begin the Logistics Standardization and Evaluation Program inspection. The LSEP is an opportunity for AMC to assess our ability to conduct logistics functions according to applicable instructions. The inspectors will focus most of their attention on examining the maintenance group along with the aerial port and logistics readiness squadrons in the mission support group.

The inspectors will be looking to ensure our operations are standardized, repeatable and technically compliant. They will ensure Airmen properly obtain tools for a task, review applicable technical orders and perform an equipment check once complete, for example. Basically, the LSEP provides a detailed look at the whole logistics processes.

Despite the inspectors' focus on our maintain-

ers, aerial porters and logistics teams, I ask that everyone on base be inspection ready at all times. We only get one opportunity to make a first impression, so ensure that your work center is organized and the outside of your building is clean and tidy. Additionally, simple things like pressed uniforms, polished boots and sharp customs and courtesies further cement the notion that McChord is inspection ready.

As with the ORI, I'm confident that we have the technical expertise to satisfy the inspectors.

But merely "satisfying" the inspectors doesn't do us justice. By displaying an upbeat, can-do attitude, we demonstrate not only our technical know-how but our positive attitude at carrying out the mission. Simply put, a positive attitude will help McChord earn the great rating we deserve.

Another way all Airmen can help the base excel at this inspection is through strong safety practices both at home and in the workplace. Safety is more than just wearing a reflective belt or wearing hearing protection on the flightline. Safety is a mindset that must be infused into everything we do. Incorporating a strong safety philosophy into the tasks you perform helps ensure that we're always ready to fight. Bottom line, we absolutely cannot compromise our safety principles.

Recently, I've had the pleasure of visiting several work centers around the base and I've seen firsthand how hard everyone is working to support our busy operations tempo both here and around the globe. I ask that each of you give equal attention to the LSEP so that we can prove to the inspectors that McChord is home to the best maintenance and logistic pros in AMC.



Col. Jerry Martinez
62nd Airlift Wing commander

“Despite the inspectors’ focus on our maintainers, aerial porters and logistics teams, I ask that everyone on base be inspection ready at all times.”

Can your family members function without you?



“Make time now to ensure your family could successfully function if you had to leave tomorrow.”

Chief Master Sgt.
Russell Kuck
62nd Airlift Wing
command chief

By

Chief Master Sgt. Russell Kuck
62nd Airlift Wing
command chief master sergeant

Last week a McChord Airman was task for a short notice deployment ... notified on Friday afternoon to be in place on Sunday for specific training required for the tasking. She needed to travel to the training and then get to the AOR as quickly as possible.

Because of the rapid nature of the deployment, this Airman had just enough time to pick up her mobility bags, pack some personal items, move out of her apartment, etc.

That's what it means to be ready. And, while we may have proved during our ORI that we're more than capable of quickly getting out of McChord, one area the inspection did not test is our family readiness.

The Air Force is a culture in and of itself. Does your spouse know what functions your orderly room or first sergeant serve? Do they know the process for getting a

power of attorney ... do they even know where the legal office is?

Make time now to ensure your family could successfully function if you had to leave tomorrow. Trust me, the phone calls you make from the AOR can either be spent talking with the kids or stepping your spouse through things like the family finances.

Finally, ensure your family knows who they can turn to if they need assistance while you're gone. There are several organizations on this base standing by ready to help, yet they can't do that if they don't know there's a need. Something as simple as making sure your family knows about the deployed spouses' dinner can have a huge payback by connecting them with an entire network of new, supportive friends.

It's second nature for us to worry about our families, but there is a peace of mind that comes with knowing you've done all you can to make sure they're taken care of.

Don't wait until you're notified with a tasking to ensure you're 100 percent ready to leave. Hooah!

Ask the Commander

E-mail ActionLine@mcchord.af.mil or
call 982-2222

Commander's Action Line

The Commander's Action Line provides a direct link of communication between you and me, with the goal of building a better community. Your concerns, questions and ideas are highly valued and are key in enhancing Team McChord's mission and community. I encourage you to give the professionals here, together with your chain of command, the opportunity to address your concerns directly.

However, questions that come through the Action Line have my personal attention. Please be sure to leave your name and phone number, so we can follow up with you. Comments and questions that apply to a large base audience will be published in the base newspaper.

Col. Jerry Martinez
62nd Airlift Wing commander

Q: Is there a specific time that retreat plays? Thank you.

A: Thanks for your question. Retreat is played at 4:30 p.m. every day. The only time retreat is not played exactly at that time is when we have wing retreat ceremonies on Fridays. We don't sound the retreat music on those days until the entire formation is ready to begin the ceremony.

Also, thank you for giving me this opportunity to remind all of Team McChord about our Air Force customs and courtesies.

If you're in a car, turn down the radio and listen to the music. If you're driving down the road and hear the music, find a safe place to stop your car while the anthem is playing.

If in uniform, stand at attention and face the flag when you hear the retreat bugle. At the first note of the national anthem, those in

uniform render a salute and hold it until the last note of the music.

Those not in uniform should stand and face the flag during retreat and place their right hand over their heart for the national anthem.

I encourage everyone to take this time each day to pay respect to our country and honor all those who have served and continue to serve our country. Thanks again for your question. Keep them coming in!

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Consider the consequences

Driving under the influence can end lives, careers

By
Lt. Col. Jeffrey Perham
62nd Civil Engineer Squadron commander

At some point in your life, many of you have probably driven a car after having a few drinks. In those cases, I imagine you evaluated how much you had to drink and how you felt before getting behind the wheel. You may have even considered the likelihood of getting caught and the odds that something bad would happen to you. During my 13 months in command, two members of my squadron were arrested for driving under the influence. Following their arrests, I questioned both of them as part of the Uniform Code of Military Justice Article 15 process and noted some trends that may be useful reminders to Team McChord.

On the evening of their arrests, both of them went out with friends and planned to drink early in the evening and stop drinking early enough to allow their bodies to process the alcohol before driving home. Their plan to “have a couple beers” was working until their friends started doing shots. With their judgment clouded after drinking beer, they both chose to do a couple shots figuring they could handle the liquor before they had to drive.

Sometime later in the evening, they both made the decision to drive home. At the time they got behind the wheel, both said they felt fine to drive. Within an hour of that decision, they were both in handcuffs

having been arrested at the McChord gate for driving under the influence. They both played the odds and it caught up with them.

I use the word “odds” because it’s a statistical fact that you are more likely to be involved in an automobile accident if you’ve consumed alcohol. Considering the possible outcomes of an auto accident being arrested at the gate is probably the best of a bad situation. When you consider that the odds of dying in an automobile accident are 1 in 84, there’s no reason to roll the dice by bringing alcohol into the mix.

Although my troops were fortunate that their decisions didn’t lead to a car accident, they are paying the price professionally. Both are great troops who now have Article 15s in their records, an obstacle they’ll fight to overcome for some time. Both also have to live with the shame of an arrest and had to explain their actions to both their families and the squadron. They both truly regret their decision, but unfortunately can’t take it back. As I mentioned earlier, both had a plan and said they felt fine to drive. How many times have you found yourself in the same situation?

If you continue to put yourself in that situation, it’s a matter of time before the odds catch up with you. Ultimately, your decisions are your own. Before deciding to drink and get behind the wheel, please consider all the possible consequences, both personal and professional. Don’t make a decision that will change your life forever. Team McChord can’t afford to lose you.



Combat Airlifter

of the week

Staff Sgt. Celina Johnson
62nd Medical Operations Squadron

Duty title:
Noncommissioned officer in charge of deployment medicine

Duty Section:
Public health

Hometown:
Atlanta, Ga.



What makes her so great?
Sergeant Johnson works daily with unit deployment managers and commanders to ensure medically-qualified personnel fill real-world deployment tasks and exercises. She takes pride in being able to serve her country by directly supporting McChord’s airlift mission around the world. When off duty, Sergeant Johnson pursues her Community College of the Air Force degree in Public Health and raises her 8-year-old daughter. Her long-term goals are becoming a technical training instructor and earning a master’s in public health.

Do you have a story idea?

Spread the news in *The Northwest Airlifter*!
Call public affairs at 982-5637 or e-mail us at northwestairlifter@mcchord.af.mil



One team, one fight

AF benefits from integrating total force

By
Michael Wynne
Secretary of the Air Force

Editor’s Note: The following is a letter to Airmen focusing on Total Force Integration.

Congratulations. As the leader in Total Force Integration, the Air Force continues to benefit from one powerful, cohesive team formed by our active duty Airmen, Air National Guardsmen and Air Force Reservists.

In my travels around the Air Force, I see this synergy firsthand and realize that our training and operations make it impossible to differentiate between the three components.

Whether it is the C-17 Globemaster III landing in the combat zone or the mechanic working on F-16 Fighting Falcons in Vermont, the Total Force is making it happen.

We simply could not accomplish today’s mission without the Total Force integration of our Guard, Reserve and active duty force.

Gone are the “strategic reserve” days of the Guard and Reserve. Today, our total force sacrifices daily through extended deployments in the most challenging missions we have. As an integral part of this highly skilled team, the



WYNNE

Guard and Reserve train to the same high standards set by our active duty, operate the latest equipment and participate in every mission across the spectrum of operations.

Our active duty, Guardsmen and Reservists stand side-by-side in our fight in the Global War on Terrorism.

Nowhere was this more apparent than in the recent air strikes that killed the leader of Al-Qaeda in Iraq, Abu Al Zarqawi.

In Balad, Iraq, the 332nd Expeditionary Maintenance Squadron mirrors where our Air Force is going: an active duty commander, and Air National Guardsman as operations officer and a Reservist as first sergeant. The collective efforts of active, Guard and Reserve forces continue to yield tremendous successes for the Joint Team and our nation.

So what does this mean for you, the individual Airman? First, this means that we have a healthy respect for those Total Force members that support our mission. Second, we need to adhere to the set standards, to ensure that as we assemble the total force we remain prepared to execute the assigned mission. Third, we need to use the diversity represented by the Total Force to continually look for better ways to accomplish our mission.

Total Force has moved from a future concept to today’s reality. One team, one fight, with a shared, disciplined combat focus.

The continued dedication and service of all Airmen — active, Guard and Reserve — make a grateful nation proud. Thank you for all you do.

School, sports exams temporarily canceled

By
2nd Lt. Rachel Smith
62nd Airlift Wing Public Affairs

The McChord Clinic announced Wednesday it is temporarily discontinuing appointments for school/sports physicals for children ages 6 and older due to critical manning.

The service is expected to resume in September, said Maj. Cynthia Hintz, 62nd Medical Operations Squadron nurse manager for pediatrics.

“Anticipating the current physician shortage, the pediatric clinic increased appointments and performed additional sport [and] school physicals between March and June,” she said. “However, until [the new pediatrician] is in place, the clinic needs to reserve appointments for ill children.”

Well-child exams for children ages 5 and younger will still be offered, said Major Hintz.

“The pediatric staff is working diligently to meet the needs of their patients during this shortage,” she said.

The state requires these physicals every two years. If a child had a physical in the last year, Major Hintz said parents may take the required paperwork to the pediatric clinic. The staff will have it complete within a week, she said.

Civilian facilities provide these physicals for a fee, she said. However, TRICARE does not cover this service.

For additional information, parents can call the pediatric clinic at 982-6537.



Airmen train for ‘in-lieu-of’ taskings

McChord Airmen selected to attend

By
Master Sgt. Roger Drinnon
81st Training Wing Public Affairs

KEESLER AIR FORCE BASE, Miss. — More than 800 Airmen are attending Army ground combat skills training, preparing them for operations Enduring Freedom and Iraqi Freedom deployments. The Airmen require the training because they will be assigned duties outside their normal Air Force specialties. In the near-term, these numbers are expected to increase substantially.

Commonly referred to as “in-lieu-of,” or ILO, taskings, Airmen, Sailors, Soldiers and Marines from a cross-section of all military specialties are performing nontraditional missions to provide temporary augmentation.

McChord Airmen due to deploy in the next air expeditionary force rotation are among those who have been tasked for ILO augmentation.

“Our goal is to take care of our people as our Air Force mission requirements continue to evolve,” said Maj. Gen. Michael C. Gould, 2nd AF commander. “We want to ensure Airmen can perform safely and effectively in combat alongside our sister services while maintaining their Air Force identity.”

The aim of ILO training is to prepare Airmen for nontraditional combat environments in support of the combatant commanders’ requirements where Airmen are deployed to assist Army personnel.

General Gould emphasized Airmen deploying in support of Army mission requirements must maintain an Air Force chain-of-command.

“Airmen will continue to have readily available Air Force leadership eager to address any concerns,” the

general said. “I’m grateful that we have such high-caliber Airmen in our Air Force who can step up to these challenges, and their continuous feedback is essential for leadership to be able to respond to any training or personnel issues that might arise.”

ILO training is designed to develop a population of Airmen who are combat-ready and able to fulfill duties outside their normal Air Force specialty. Before deploying, Airmen tasked to augment certain Army missions receive combat skills training at one of 14 Army training locations now designated as Power Projection Platforms. Those include: Camp Shelby, Miss.; Fort Hood and Fort Bliss, Texas; Fort Sill, Okla.; White Sands, N.M.; Fort Riley, Kan.; Fort Lewis, Wash.; Fort McCoy, Wis.; Camp Atterbury, Ind.; Fort Dix, N.J.; Aberdeen, Md.; Fort Monroe, Va.; Fort Bragg, N.C.; and Fort Benning, Ga.

Typical skill sets taught during ILO training include enhanced combat weapons proficiency training, land navigation and Global Positioning Satellite training, expanded self-aid and buddy-care called “combat lifesaver” training, detecting and responding to improvised explosive devices and a host of other relevant tactics.

“The training is built on 41 individual tasks and nine collective tasks – tasks an Airman would do as part of a team,” said Army Col. John Hadjis, commander of 3rd Brigade, 87th Division Training Support, at Camp Shelby, Miss. “They’re centered around competencies and warrior skills like shooting, communicating, taking care of your buddy and surviving, dealing and negotiating in the culture you’re going to be in.”

Colonel Hadjis said the training exemplifies the concept of taking care



Photo by Herb Welch

Army Lt. Col. Mike Kozlik, commander of the 3rd Battalion, 349th Infantry, briefs personnel on detecting improvised explosive devices during "in-lieu-of" training at Camp Shelby, Miss. The training incorporates lessons learned from several deployed locations as well as role-playing opposition forces.

of people, as servicemembers face non-traditional combat environments with “no front lines.”

“I think it’s the best possible example of taking care of folks,” he said. “Because we’re making them as ready as they possibly can be to succeed at their mission, safeguard their people and come home in good shape.”

General Gould said he applauds the adaptability of today’s Airmen in

overcoming the challenges of ever-changing combat environments.

“Today, more than ever, our Airmen are warriors,” the general said. “I am proud to be associated with Air Force people who are so devoted to defending our great nation while being true team players, even when it means stepping outside their normal duties and specialties.”

(62nd Airlift Wing Public Affairs contributed to this report.)

DOD releases new instruction on sexual assault prevention

By
David Kellogg
Staff writer

The Department of Defense further developed sexual assault prevention and response procedures by publishing “Sexual Assault Prevention and Response Program Procedures” recently.

According to DOD Instruction 6495.02, it exists “to ensure there is a standard of care throughout the Department [of Defense] ... all DOD sexual assault first responders shall receive the same baseline training.”

The instruction includes items such as a checklist that informs commanders on their responsibilities in regards to the program, provides information on case management for unrestricted reports of sexual assault and gives first responder training requirements.

Previously, DOD guidance for the sexual assault prevention and response program was administered through a series of memos released by the office of the secretary of defense.

“What really stands out here is we’re getting close to showing we have a comprehensive program DOD wide,” said Heather Van Mill, 62nd Airlift Wing sexual assault prevention and response coordi-

nator. “It let’s everyone know there are guidelines to how we treat our victim survivors.”

Mrs. Van Mill said she found the instruction on sexual assault and first responder training particularly important, as well as the list of detailed requirements that provides guidance to SARCs, victim advocates, law enforcement, judge advocates, chaplains, health care providers and military criminal investigation organizations.

“It specifies exactly what they are to be trained for,” she said.

The branches of the military may also further refine the guidelines, according to the instruction. Mrs. Van Mill said she expects the Air Force to come up with its new guidance in relation to the DOD instruction this fall.

Mrs. Van Mill also said the Air Force’s training standards for its victim advocates — volunteers on base who provide support and guidance to victims — are already more extensive than many of the other branches of the military and exceeds the requirements of Washington state.

“The Air Force is really gaining momentum,” said Mrs. Van Mill. “They’re coming up with some great policies.”



Photo by Aric Becker

Leadership change

Col. Jerry Martinez, left, 62nd Airlift Wing commander, presents Col. James Weber the 62nd Maintenance Group flag at a change-of-command ceremony Monday at Heritage Hill. Colonel Weber comes to McChord from Scott Air Force Base, Ill., where he served as chief of logistics operations for the 375th Airlift Wing.

The U.S. military

AROUND THE WORLD



Photo by Robbin Cresswell

LACKLAND AIR FORCE BASE, Texas — During an evaluation for acrophobia, Airman Basic James Pelletier touches his nose as he performs a test of balance atop a ladder attached to a utility pole July 13. Airman Pelletier has been selected for the communications career field, one of six Air Force career fields requiring a fear-of-heights evaluation before continuing to technical school. *(AFPN)*



Photo by Tech. Sgt. Erik Gudmunson

KUNSAN AIR BASE, South Korea — Staff Sgt. Matthew McKinley secures a Maverick air-to-ground missile to an F-16 Fighting Falcon recently. The aircraft is from the Montana Air National Guard's 120th Fighter Wing at Great Falls, Mont. *(AFPN)*



Photo by Tech. Sgt. Scott Sturkol

NAVAL AIR ENGINEERING STATION LAKEHURST, N.J. — Airman 1st Class Renee Verdecchio watches over a perimeter area during operations for exercise Eagle Flag 06-3 Saturday. The exercise is the only flag-level exercise that tests Airmen from multiple Air Force specialties on their expeditionary combat support skills. *(AFPN)*



Photo by Tech. Sgt. Larry Simmons

HOLLOMAN AIR FORCE BASE, N.M. — Airmen filling the roles of extras on the set of the movie "Transformers" run for cover during filming recently. The movie is scheduled for release July 2007. *(AFPN)*





Dental clinic helps Airmen stay mission-ready

By
David Kellogg
Staff writer

Visit the McChord Dental Clinic any day of the week and you will find dentists bouncing from one room to another, juggling multiple patients to be as efficient as possible.

The dentists work hard to bring as many Airmen as they can to the highest standard when it comes to dental health, said Capt. Payal Patel, 62nd Medical Operations Squadron general dentist, because healthy teeth means Airmen spend less time at the dentist's office and more time performing their missions.

The Department of Defense divides teeth into four classes. Class I is the ideal, meaning an Airman has no problem with his or her teeth that requires regular treatment, said Captain Patel.

Keeping Airmen ready for deployments by keeping them in Class I status is the ultimate goal of the dental squadron, said Captain Patel.

"Our goal is to have everyone in Class I and we're working hard to get there," she said.

Despite their busy schedules, dental clinic members still strive to provide excellent customer service and make each

patient feel as comfortable as possible during the procedures, said Captain Patel.

Sometimes, patients go through uncomfortable visits because of bad preventative habits, such as failing to thoroughly brush, regularly floss and use mouthwash, making them hesitant to visit the dentist, said Captain Patel.

Making people relax and comfortable is much of what Airman 1st Class Mary Grace Tudu's job entails as a 62nd MDOS dental assistant. She also prepares the rooms with the tools and supplies the dentists need while they work.

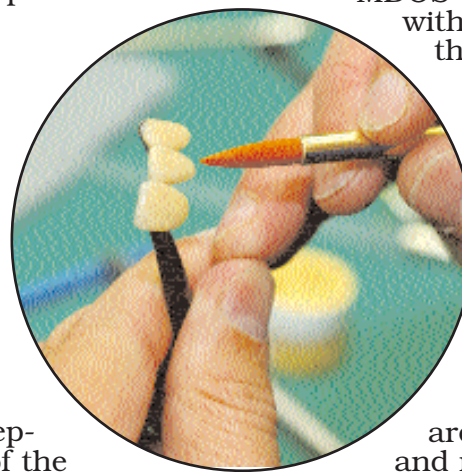
"I try to be extra nice – anything to make [patients] comfortable," Airman Tudu said.

As the head of preventative dentistry at McChord, the captain also encourages Airmen to sign their children up for dental care as well.

The dental clinic at McChord is exclusively for active duty Airmen. However, Air Mobility Command is trying to encourage Airmen to sign their children up to the TRICARE Dental Program to help them get a good start on the rest of their lives, said Captain Patel.

If children visit a dental clinic while their teeth are healthy, they will undergo a positive experience and remember the dentist's office as an enjoyable place, she said.

And such positive experiences will keep people going back to the dentist through the years providing the dental flight Airmen with teeth in good condition. Having healthy teeth should be everyone's goal, said Captain Patel.



Airman 1st Class Sean Robinson, 62nd Medical Operations Squadron, locates and pulls files for patients arriving for appointments July 13.



Senior Airman Ronald Carter, 62nd Maintenance Squadron, schedules his next appointment with Airman 1st Class Jennifer Kelly, 62nd MDOS, July 13.



Dental assistant Melissa Bronnes checks Staff Sgt. Kerry Dozier, 62nd Logistic Readiness Squadron, during his annual checkup July 13.



Airman Carter, 62nd MXS, has his wisdom tooth examined July 13 at McChord's Dental Clinic.



X-ray technician Latz Ayala-Romero prepares Sergeant Dozier, 62nd LRS, for his dental X-rays during his annual checkup, July 13 at the dental clinic.



Dental assistant Candy Garcia reviews a patient's paperwork and X-rays prior to beginning the examination process.



(Left) Tech. Sgt. Clint Hinkle, 62nd MDOS, works on putting layers of paint on a dental bridge July 13. Sergeant Hinkle makes the bridges from scratch from a mold and plaster.

Show me the money!

Squadron’s attention to detail earns it praise from peers



Courtesy photo

Tech. Sgt. Jeffrey Rhoades, 62nd Comptroller Squadron, counts “money” during June’s Operational Readiness Inspection at Alpena, Mich. Comptroller Airmen had to complete various financial duties such as verifying suspicious paperwork and checks, often while in full chemical warfare gear.

By
David Kellogg
Staff writer

During the months that preceded the Operational Readiness Inspection, if you wanted to find a 62nd Comptroller Squadron Airman, all you had to do was look for someone walking around in Bldg. 100 wearing a reflective belt.

Though their preparations may have seemed odd to others, there was a method to the squadron’s madness ... and their plan paid off. The squadron received an “out-standing” rating for its performance during the inspection.

Wearing the belts was just one method the squadron used to get into the right mindset for the ORI, said Tech. Sgt. Jeffrey Rhoades, 62nd CPTS.

The squadron also sent a person to Alpena, Mich., to measure the room the comptroller participants would work in during the inspection.

The three Airmen used the measurements to replicate the room in the basement of Bldg. 100.

“Getting the measurements let us make the best of security and everything else,” said Sergeant Rhoades.

If people passing by stuck their heads in the comptroller’s basement operations center in April or May, they’d likely find comptroller Airmen in mission-oriented protective posture gear crunching budget numbers or scrutinizing bad checks, he said.

During the ORI, when someone ordered them to don their gear during a mock chemical or biological attack, the Airmen thought nothing of it, said Sergeant Rhoades.

“We still had a sense of urgency, but it wasn’t panicked,” he said. “It wasn’t rushed. It was boom, boom, snap, go.”

However, the squadron’s success depended on more than just the three ORI participants, said Sergeant Rhoades. Others from the squadron would walk down-

stairs and test the ORI participants, trying to pass suspicious paperwork and checks, as well as putting them through attack scenarios. This went on for weeks, four hours a day, said Sergeant Rhoades.

“They would try to stress us, try to keep us busy, try to snap us,” said Sergeant Rhoades. “After a time, I think we had seen just about everything.”

Maj. Anthony Hernandez, 62nd CPTS commander, said he was proud of his Airmen for their dedication and hard work both during their practice scenarios and during the ORI.

“The more extraordinary the stakes, the more profound the outcome,”said Major Hernandez.

The thinking behind the squadron’s ORI preparation goes back to the meticulousness that is inherent in professionals who handle hundreds of millions of dollars, said Sergeant Rhoades.

“It’s the attention to detail,” he said. “If you’re off a penny, you might as well be off a dollar.”



Kicking your way to fitness

By
2nd Lt. Rachel Smith
62nd Airlift Wing Public Affairs

Whether people kickbox in an organized class or in front of the TV, those who participate in the activity reap the benefits of an improved cardiovascular system while having fun and relieving stress.

Kickboxing, also known as boxing aerobics or cardio kickboxing, is a mixture of martial arts and aerobics. Unlike the traditional walk or jog, participants benefit from increased strength and flexibility as well as coordination and sharper reflexes, according to the American Council on Exercise. The average 135 pound person also burns approximately 350 to 450 calories per hour session.

Also, the benefit of kickboxing in a group setting is that participants are more motivated to workout at a higher level, said Mario Padilla, the base fitness center's kickboxing instructor.

Anyone — beginner, intermediate and advanced — can participate in the class as Mr. Padilla said he provides modifications to his instructions so that participants can adjust the workout to their levels.

"The first time you come [to the class], you don't have to have any background," he said. "I usually ask in the beginning of classes, but it's a good idea to let me know if you're new so I can go over basic kicks."

Some common mistakes beginners make are overextending their kicks, locking joints when throwing punches or kicks and using dumbbells when throwing punches, according to ACE. Participants should start with low kicks and gradually increase the height of their kicks to avoid pulling muscles. Also, using dumbbells adds unnecessary strain to the joints putting members at a higher risk for injury.

Proper form is very important to maintain throughout the class to get the full benefits of the workout, said Mr. Padilla, who has been a kickboxing instructor for seven years. Participants should do the modifications if the workout begins to feel like too much, he said.

It is a good idea to make sure that if anyone has injuries or joint concerns to see a doctor or physician to ensure they're physically fit to start kickboxing or any other fitness program, said Mr. Padilla.

Most importantly, drink plenty of water before, during and after the workout, he said. Properly warming up and stretching before the workout and cooling down and stretching after the workout are also very important.

McChord members can attend a free cardio kickboxing class Wednesdays from 5 to 6 p.m. at the fitness center annex.



Photos by Aric Becker

Veronica Brown does rear kicks during the cardio kickboxing class July 5 at the McChord Fitness Center Annex.

Keep in mind ...

- **Check with your physician before beginning a program.** This is always good to do before starting any new fitness program.
- **Start off with a beginner program.** Find a simple program that has limited repetitions and isn't too fast so you can work on form.
- **Always warm up.** Stretch specific to your workout and include some low kicks and light punches to warm up your muscles.
- **Start slow, low and light with kicks and punches.** Progress slow, kick low and don't overextend or lock your joints.
- **Do no more than three cardio kickboxing workouts per week.** Start with one workout and gradually build to three.
- **Include strength/stability training during the week.** If not part of your fitness regime, do this training between workouts.
- **Don't ignore your feet.** Ensure your shoes allow for kickboxing movements and consider doing drills that strengthen your feet.



Mario Padilla instructs his cardio kickboxing class July 5 at the fitness annex. Classes are from 5 to 6 p.m. every Wednesday.

Basic Kickboxing Terms

- Forward Jab:** Punch with flat part of first two knuckles. Elbows tucked in close.
- Cross Jab:** Same as forward jab but cross centerline of body.
- Uppercut:** Punch upward and pivot hip slightly for added power.
- Knee Strike:** Reach up and pull target down as you raise knee to chest.
- Front Kick:** Bring knee up first and then extend the leg. Contact with ball of foot.

McChord youth to participate in high jump championships



ANGLES

By
Senior Airman Tiffany Orr
62nd Airlift Wing Public Affairs

A McChord family member has been selected to participate in the 2006 USA Track and Field National Junior Olympic Track and Field Championships in Baltimore, Md., July 26-27.

Brandon Angles, 12, who initially joined Fort Lewis' youth track and field team to beat his dog in a race, said he is excited about the opportunity to compete in the championships.

"I want to see how good I am out of all the other people in America," he said.

Brandon, who has only been doing the high jump since April, made the nationals by displacing his peers — peers who Brandon said were equally talented — in the regional tournament.

"I had to get in the top three in the region," he said. "I ended up getting first place. One kid jumped the same height as me, but because he knocked the bar off more times than I did, he ended up getting second."

Brandon's father, Tech. Sgt. William Baker, 62nd Maintenance Squadron, said he was both proud and amazed when Brandon made it to the nationals.

"I tried to talk Brandon out of doing the high jump, actually," Sergeant Baker said, "[because Brandon] never got to practice high jump except at the games."

However, Sergeant Baker said he is confident that Brandon will do well at the games because Brandon is passionate about track and field.

"Brandon is very competitive," Sergeant Baker said. "He has a lot of heart. He tends to find that last little ounce that he has and pushes it."

Now, the biggest obstacle facing the

talented junior athlete is financial. Brandon's family has been trying to raise money so he can travel to the event.

"We've gotten sponsorship from family members and a number of organizations have been supportive."

Despite the cost, Sergeant Baker said that it's important that Brandon participate in the nationals because this is his son's opportunity to show off his talent.

"He may not have a chance like this again," said Sergeant Baker.

More than 6,000 athletes ranging from 8 to 18-years-old, who performed well at the preliminary, association and regional levels of the 2006 USATF Junior Olympic Program, are expected to attend this year's event at Baltimore's Morgan State University, according to the USATF National Junior Olympic Track and Field Championships Web site.

"I want to see how good I am out of all the other people in America."

— Brandon Angles
A McChord family member

Steam Plant shutdown

The McChord Central Steam Plant will shut down Saturday and Sunday. Hot water in the following buildings will be affected: 1, 2, 3, 4, 7, 12, 22, 100, 160, 166, 180, 181, 301, 304, 308, 315, 328, 341, 423, 546, 565, 566, 567, 572, 574, 702, 707, 708, 710, 717, 726, 729, 735, 737, 738, 742, 745, 746, 757, 774, 778, 1119, 1120, 1122, 1147, 1148, 1149, 1150, 1151, 1152, 1155, 1156, 1160, 1164, 1165, 1166, 1167, 1169, 1170, 1174, 1175, 1178, 1179, 1183, 1405, 1419 and 1422. Limited shower facilities will be available at the base swimming pool. The annual shutdown is necessary to perform required maintenance on the plant equipment and distribution system. For more information, call John Keizer on 982-2583.

Quarterly Awards luncheon

The McChord Quarterly Awards luncheon will be at 11 a.m. July 28 at McChord's Clubs and Community Center. To RSVP, contact your unit first sergeant or designated representative by Monday. For more information, call

Senior Master Sgt. Dave Fish at 982-6272 or Senior Master Sgt. Scott McCalla at 982-5107.

Troy University

A representative from Troy University will be here from 11 a.m. to 1 p.m. Monday at McChord's Education Center to meet with prospective students and assist with registration for Term 1 classes, which start Aug. 1. For more information, call 964-0545.

McChord Clinic closure

The base medical clinic will close at noon Aug. 4 for an annual 62nd Medical Group staff function. All services, including the pharmacy, will be closed. Please plan appointments, lab work and medication refills accordingly. For more information, call 982-9917.

Membership drive

McChord's Officers' Spouses' Club is having a free ice cream social and membership drive for current OSC members, those interested in the organization and their family members from 7 to 9 p.m. Aug. 8 at Holiday Park. For

more information, call Christi Detwiler at 588-2311.

Special Duty briefing

A Special Duty Assignment briefing will be held from 8:45 to 10:45 a.m. on Aug. 10 at the base theater. All Airmen are invited to attend. For more information, call Master Sgt. Lorenzo Jones at 982-3395.

Fall registration

Embry-Riddle Aeronautical University, Tacoma Center, is currently registering students for the fall term. The deadline to register is Aug. 14. To view a complete class schedule, visit <http://www.erau.edu/tacoma>. For more information, call 589-1728.

Air Force Ball

McChord's Air Force Ball is scheduled for Sept. 16. For more information, call Staff Sgt. Jennifer Gillen at 982-1940.

Civilian Personnel closure

The Civilian Personnel office will be closed all day July 27 to conduct National Security Personnel System training.

Names to Note

The following individuals scored a 90 percent or better on their end-of-course career development exam:

- **Tech. Sgt. Quintin Gorman Jr.**, 62nd Aircraft Maintenance Squadron
- **Staff Sgt. Matthew Cain**, 62nd AMXS
- **Staff Sgt. Michael Sullivan**, 4th Airlift Squadron
- **Staff Sgt. Matthew Yates**, 62nd Maintenance Squadron
- **Airman 1st Class Keith Allen**, 62nd AMXS
- **Airman 1st Class Steven Arrowood**, 62nd AMXS
- **Airman 1st Class David Borquez**, 62nd Civil Engineer Squadron
- **Airman 1st Class Robert Bowen**, 62nd AMXS

- **Airman 1st Class Nicholas Caughron**, 62nd Communications Squadron
- **Airman 1st Class Daniel Engle**, 62nd CES
- **Airman 1st Class Gregory Olsen**, 62nd MXS
- **Airman 1st Class Bryan Painter**, 10th Airlift Squadron
- **Airman 1st Class Alexander Rodriguez**, 62nd CES
- **Airman 1st Class William Smith**, 62nd Logistics Readiness Squadron
- **Airman 1st Class Matthew Tucker**, 62nd CES
- **Airman Stephen Lanham**, 62nd AMXS
- **Airman Justin Olomon**, 62nd CES
- **Airman Robert Wolf**, 62nd AMXS



Faith and Worship Programs

For more information, call the chapel support center at 982-5556.

The following chapel programs take place at the base chapel support center, Bldg. 746, unless otherwise noted.

- **Faith Formation and Rite of Christian Initiation for Adults** are 6:30 p.m. Wednesdays, Sept. through April.
- **Protestant Men's Bible**

- study** is 6:15 a.m. Thursdays.
- **Combat Brown Bag Bible study** is from 11:30 a.m. to 12:30 p.m. Tuesdays.
- **Adult Bible study** will resume in September.
- **Jewish Torah School Classes** for adults and children are 9:45 a.m. Sundays at Fort Lewis, Chapel Five.

Schedule of worship services

Catholic Services:

All Catholic Services are in Chapel Two
Daily Mass Tuesday - Friday 11:30 a.m.
Saturday: 4 p.m. Confession

5 p.m. Mass

Sunday: 9:30 a.m. Mass
11 a.m. Mass

Protestant Services:

Sunday: 8:30 a.m. Liturgical Worship: Chapel One
9:45 a.m. Sunday School for all ages: chapel support center
11 a.m. Traditional Worship: Chapel One
11 a.m. Contemporary service: chapel support center

Jewish Services:

Friday: 7 p.m. Fort Lewis Chapel
Corner of 12th St. & Liggett 966-8949
Led by Chaplain (Lt. Col.) Avi Weiss

Orthodox Activities:

Sunday: 9:30 a.m. Divine Liturgy, St. Nicholas Church, 15th & Yakima, Tacoma

Other services:

Orthodox Christian Community, Cascade Chapel, Fort Lewis

Sundays: 8:45 a.m. pre-Communion prayers
9:30 a.m. Divine Liturgy

Confessions are by appointment; call Father John Anderson at 967-1717 or 906-6843, or e-mail father.anderson@us.army.mil.



Academy making strides in sexual assault prevention

WASHINGTON — In 2003, the Air Force Academy faced negative attention from the press and drew the ire of parents and lawmakers alike because victims of sexual assault at the school who reported their cases were not given appropriate attention. The academy’s commandant of cadets, Brig. Gen. Susan Desjardins, told lawmakers that since that time, leaders at the Colorado Springs, Colo., institution have made great progress toward better addressing sexual assault and violence at their school. She testified June 27 before the House Committee on Government Reform subcommittee on national security, emerging threats and international relations. General Desjardins said leaders at the Air Force Academy have focused their efforts in three areas: prevention, cultural change and victim care. “In order to prevent sexual assault, we first had to understand sexual assault as a continuum of inappropriate behaviors that are contrary to the concepts of honor and service that we in the Air Force

have embraced through our core values,” she said.

Insurance alternative available for federal employees

RANDOLPH AIR FORCE BASE, Texas — The Federal Long Term Care Insurance Program offers federal employees an option when purchasing long-term-care insurance. The insurance policy helps defray the cost of in-home, nursing home or assisted living facility care for people who cannot care for themselves due to chronic health conditions. Employees can compare the federal program with other long term care insurance policies by using a Benefits and Features worksheet. Using the worksheet, people can compare the financial strength of companies, plan options, services covered, premium costs, exclusions and limitations, and more. The form is available on the Federal Long Term Care Insurance Program Web site at <http://www.ltcfeds.com/>. The Web site also has two premium calculators, one for choosing a pre-packaged plan and one to customize a plan to individual needs. For more information, call (800)

582-3337, TTY (800) 843-3557. Certified long-term care representatives are available weekdays 8 a.m. to 7 p.m. EDT.

13th month of recruiting success more than luck

WASHINGTON — Defense officials are attributing the 13th consecutive month in which every military service met or exceeded its active duty recruiting goal to more than just good luck. Bryan Whitman, deputy assistant secretary of defense for public affairs, cited the high priority every service has placed on recruiting, including the resources to back up that commitment, with successes measured both in numbers and quality of recruits. Active duty recruiting numbers, both for June and for the first nine months of fiscal 2006, continued to exceed 100 percent of goal across the board, Mr. Whitman said. Year-to-date statistics show positive recruiting trends throughout the force, with every service meeting or exceeding its goal to date and four of the six reserve components meeting their goals, officials noted.

As of June 30, the Army had exceeded its year-to-date active duty recruiting goal by 4 percent, and the Marine Corps and Air Force by 1 percent. The Navy met its year-to-date goal.

KC-135 celebrates 50 years of flying

TINKER AIR FORCE BASE, Okla. — The Air Force will celebrate the 50th anniversary of the KC-135 Stratotanker here Sept. 8-9. The ceremony will honor a tanker aircraft that is still supporting operations for Air Force, Navy and Marine Corps aircraft as well as aircraft of allied nations around the world. The KC-135’s principal mission is air refueling. Modified versions can serve as flying command posts, transports and electronic reconnaissance and photo-mapping aircraft. The KC-135 is also capable of transporting litter-borne and ambulatory patients for aeromedical evacuations. The ceremony will include a reception, aircraft displays, flyover and formal banquet. More information about the event can be found online at www.kc135.org.

